



PRACTICING PRESENCE - QUIET MIND, EASY BODY

THREE STUDIES IN THOUGHT AND MOVEMENT

Take a moment to connect to the present.

- Request your mind to be quiet and your body to be easy.
- Ground yourself by sensing the contact points to your safe support: Your feet on the ground when standing, your sitting bones on the chair when sitting, your back and shoulders on the floor when lying down.
- Allow yourself to find centre by releasing your belly as you breathe in. Think of being soft and tall as you breathe out.
- Find your primary freedom by letting yourself notice your head, neck and shoulders being light and free. Through this you can sense being balanced in stillness.
- Allow yourself to quietly listen to the volume and movement of your whole body as it expands and releases while you breathe.

This connects your awareness to:

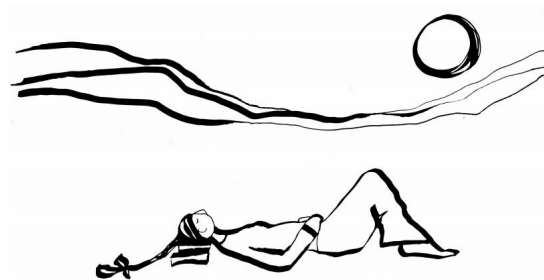
Your grounding,
the gentle movement of breathing
and your primary freedom.

The aim of this study is to find wholeness by becoming aware of these connections and noticing how they integrate. The first step to finding these connections is to request your mind to be quiet and your body to be easy.

The connections are:

Your fundamental connection to safe support - your grounding.
The gentle movement of breathing in the centre of the body - your centre.
Your head, neck and shoulders being freely balanced - your primary freedom.
These connections allow you to find wholeness -
The volume of your whole body connected to the space around you.
Practice coming to this state of quiet mind and easy body in semi supine, sitting and standing.

Remember to think "Can it be easier?" and allow the connections to happen to you.



A study in thought and movement in semi supine

Lie with your knees up and your head on a book. Let your weight release to the floor.
Request your mind to be quiet and your body to be easy.
Have your hands on your centre to connect with your breath expanding and releasing.
Sense the contact points to your safe support (your feet, back and head).
Close your eyes.
Quietly follow 10 breaths in and out to connect to the volume of your whole body and the space around you.
You can repeat this with your eyes open.



A study in thought and movement in sitting

Request your mind to be quiet and your body to be easy.

Sense the contact points to your safe support (your sitting bones on the chair and feet on the floor).

Have your hands on your lap.

Close your eyes.

Find your primary freedom by letting yourself notice your head, neck and shoulders being light and free.

Quietly follow 10 breaths in and out to connect to the volume of your whole body and the space around you.

You can repeat this with your eyes open.



As a standing exercise

Request your mind to be quiet and your body to be easy.

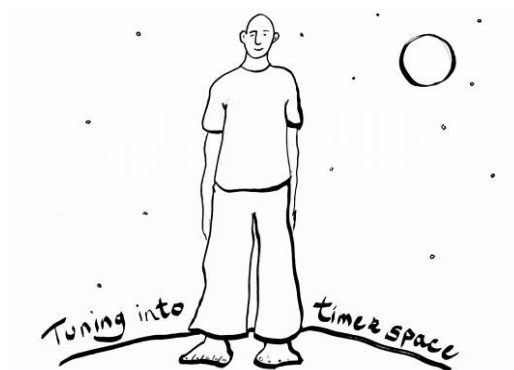
Sense the contact points to your safe support (your feet on the ground).

Let your arms rest easily by your sides.

Find your primary freedom by letting yourself notice your head, neck and shoulders being light and free.

Allow yourself to see the room around you.

Quietly follow 10 breaths in and out to connect to the volume of your whole body and the space around you.



Remember we are connecting not correcting.

The 3 golden connections

Embodiment

Breath

Environment